



UNIVERSITY
RECREATION
& WELLNESS

Fall 2026 Adventure Trip Schedule

Fall Welcome Trips open registration on Monday, August 22, 2026 at 8:00 AM. Other Adventure Trips open for registration on Monday, August 31, 2026 at 8:00 AM. Each individual may only register for one trip for the first 48 hours. Beginning at 8:00 AM on Wednesday, September 2, each person can register for any number of trips.

Register online at activeterp.umd.edu.

For more information, see our [Fall 2026 Adventure Trip Registration Guide](#).

Adventure Trip Difficulty Scale

Difficulty Rating	Description
Beginner	A “beginner” trip is designed to be accessible for anyone. No experience is required! Expect some physical challenge throughout the experience. There will be plenty of opportunities for leisure and relaxation.
Intermediate	An “intermediate” trip is likely to provide moderate physical or mental challenge. If trying out the activity for the first time, be ready to get out of your comfort zone! Expect more difficult environmental conditions and terrain.
Advanced	An “advanced” trip is for people who are looking for a challenge. Terrain will be more difficult and access to common services are rare. Experience is helpful, but excitement for a challenge is most important. This will be difficult and rewarding! You will delve deep into the backcountry where nature is truly wild.

See [Adventure Trips Essential Eligibility Criteria](#) for information on ability requirements for a safe experience. For more information about difficulty levels or assistance and accommodations on Adventure Trips, please reach out to Sam Shrestha at sshres07@umd.edu or (301) 405-3616. The RecWell Adventure Program is committed to providing accessible programs to as many individuals as possible!

All trips have a mandatory Pre-Trip Meeting to discuss trip details, expectations, packing, and more. These normally occur on the Tuesday or Thursday before the trip. Please pay attention to the location and time of the Pre-Trip Meeting. Failure to attend will cause a forfeiture of your registration.

09/04–09/05 Fall Welcome Sleepaway Camp

Date: Friday, September 4 to Saturday September 5
Location: College Park, MD
Estimated Time: 8:00 PM Friday to 10:00 AM Saturday
Pre-Trip Meeting: N/A
Cost: FREE!

Join the Adventure Program for a campout on campus sponsored by [Terps After Dark](#)! Meet at the UMD Climbing Wall & Challenge Course for an evening of climbing on the Alpine Tower, making s'mores, and appreciating the stars as you meet other University of Maryland students. Adventure Program Trip Leaders will teach you how to set up a tent, use a sleeping bag and sleeping pad, and camp out. In the morning, enjoy a spread of coffee, teas, fruit, and pastries for breakfast!

Difficulty: Beginner - This is a great opportunity for people who have never been camping to do so in the comfort of our campus.

Amenities: Restroom facilities available indoors. Overnight, portable toilets are available.
Travel Time: On campus!

09/05–09/07 Fall Welcome Backpack Three Ridges Wilderness

Date: Saturday September 5 to Monday, September 7
Location: Tyro, VA
Estimated Time: 9:00 AM Saturday to 5:00 PM Monday
Pre-Trip Meeting: Wednesday, September 2 from 8:00 to 9:30 PM in the Adventure Program.
Cost: \$80

Meet other students as you celebrate the start of the fall semester by hiking through 14 miles of wilderness stretching across rocky peaks, forested highlands, and valleys full of streams and waterfalls. You'll have the opportunity to spend one night camping at an established campground with a privy and the other night dispersed camping in the wilderness. Throughout the adventure, trained trip leaders will facilitate activities to help you meet other members of the group. The Adventure Program will provide all backpacking equipment, outdoor gear, meals, and transportation. Pack a sturdy pair of shoes!

Difficulty: Intermediate - Expect to hike 3-4 miles on the first and last day and 7-8 miles on the middle day, all carrying a heavy pack with everything you need. The trail has significant elevation change and is rocky and uneven in some sections.

Amenities: Outdoor toilet facilities (privy)

Travel Time: Approximately 3 hours, 30 minutes one-way

09/05–09/07 Fall Welcome Canoe & Camp the Shenandoah River

Date: Saturday September 5 to Monday, September 7

Location: Bentonville, VA

Estimated Time: 8:00 AM Saturday to 6:00 PM Monday

Pre-Trip Meeting: Thursday, September 3 from 8:00 to 9:30 PM in the Adventure Program.

Cost: \$95

Meet other students as you celebrate the start of the fall semester by spending the weekend canoeing a section of the beautiful South Fork of the Shenandoah River while enjoying the scenery and paddling through rapids and ripples. After paddling, you'll camp on the banks of the river in George Washington National Forest where you'll be in awe of the star-filled sky. Throughout the adventure, trained trip leaders will facilitate activities to help you meet other members of the group. The Adventure Program will provide all canoeing equipment, camping equipment, outdoor gear, meals, and transportation.

Difficulty: Beginner - Expect to paddle 15 miles over 3 days, including sections of leisurely flat water and exciting rapids up to Class II.

Amenities: Outdoor toilet facilities (privy)

Travel Time: Approximately 3 hours, 30 minutes one-way

09/12 Intro to Rock Climbing: Carderock

Date: Saturday, September 12

Location: Carderock, MD - [See Carderock Details](#)

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, September 8 from 8:00 PM to 9:30 PM in the Adventure Program.

Cost: \$35

Just a few miles from the Capital Beltway, Carderock offers some of the best climbing around the D.C. area. Harness up and get ready to spend a leisurely day on the rocks while meeting other students and

learning new skills. In between climbs, enjoy the view over the Potomac and some leisurely downtime as you cheer on your friends. Climbing shoes are provided.

Difficulty: Beginner - Carderock is a great climbing spot for beginners and advanced climbers alike. The area features technical [slab](#) climbs, but with plenty of easy-to-grip jugs and flakes to hold on to. This is perfect for a first time experience with outdoor climbing.

Amenities: Indoor restroom facilities with running water available in parking lot

Drive Time: Approximately 45 minutes one-way

09/12–09/13 Kayak & Camp Janes Island

Date: Saturday, September 12 to Sunday, September 13

Location: Crisfield, MD

Estimated Time: 8:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Tuesday, September 8, from 8:00 to 10:00 PM in the Adventure Program. *A portion of the meeting will take place in the ERC pool, so you will need to bring a swimsuit and towel.*

Cost: \$65

Enjoy a weekend on the Eastern Shore at Janes Island State Park. Janes Island offers a tranquil setting to explore the wildlife of the Chesapeake Bay, including birds, fish, crabs, and other salt marsh dwellers. The park has over 30 miles of water trails for us to explore by kayak, as well as pristine beaches and saltwater marshes. Once at camp, we'll relax during dinner and enjoy the comforts of a campfire.

Difficulty: Beginner - Paddling trips at Janes Island can be affected by the tides, but kayakers are largely protected by sandy beaches, trails through marshy wetlands, and surrounding barrier islands. It is a great place for beginner paddlers to explore.

Amenities: Indoor restroom and shower facilities available in the campground

Travel Time: Approximately 3 hours one-way

09/13 Hike the Billy Goat Trail

Date: Sunday, September 13

Estimated Time: 9:00 AM to 5:00 PM

Location: Potomac, MD - [See Billy Goat Trail Details](#)

Pre-Trip Meeting: Tuesday, September 8 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$25

The Billy Goat Trail is one of the most well-known hikes in the D.C. Metro area, and for good reason. With nearly a mile of fun rock-hopping and spectacular views of the Potomac River along the way, this circuit is loads of fun with plenty to see. Join the Adventure Program as we hike [Section A of the trail](#).

Difficulty: Beginner - This hike covers 5 miles including a calm, flat section and a section which requires you to scramble over tall boulders and jump from rock to rock.

Amenities: Indoor restroom facilities with running water available at the parking lot

Drive Time: Approximately 45 minutes one-way

09/19–09/20 Sunrise Hike Old Rag Mountain

Date: Saturday, September 19 to Sunday, September 20

Location: Nethers, VA - [See Old Rag Mountain Details](#)

Estimated Time: 11:00 AM Saturday to 4:00 PM Sunday

Pre-Trip Meeting: Tuesday, September 15 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$50

Don't miss out on this Adventure Program classic! You will scale [Old Rag Mountain](#) in Shenandoah National Park during the dark early morning hours while the rest of the world is still asleep. After some hiking and rock scrambling under a starry sky, you'll be rewarded with a memorable sunrise on the summit of Old Rag and one of the East Coast's most incredible panoramic views.

Difficulty: Intermediate - This hike is strenuous, with close to 4,000 feet of elevation change over 9.1 miles. It also has a challenging rock scramble that can be difficult for some.

Amenities: Portable toilets are available at the trailhead and ¾ into the hike

Travel Time: Approximately 2 hours, 15 minutes one-way

09/20 Intro to Mountain Biking: Fairland

Date: Sunday, September 20

Location: Burtonsville, MD - [See Fairland Details](#)

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, September 15, from 7:00 PM to 8:30 PM in the Adventure Program.

Cost: \$35

Mountain biking is exhilarating and fun, so give it a try with the Adventure Program! This trip is designed to give new riders the necessary skills and knowledge to tackle some of the best dirt trails in the area.

Adventure Program Trip Leaders will provide mountain bike instruction before heading out for some on-trail adventure.

Difficulty: Beginner - Previous biking experience is required, but no mountain biking experience is needed. This trip starts on beginner mountain biking trails and progresses as the day goes on. Expect uphill & downhill, roots, and other features along the path.

Amenities: Indoor restroom facilities with running water available at the trailhead

Travel Time: Approximately 30 minutes one-way

09/26–09/27 Women’s Backpack the Appalachian Trail

Date: Saturday, September 26 to Sunday, September 27

Location: Harpers Ferry, WV

Estimated Time: 9:00 AM on Saturday to 5:00 PM on Sunday

Pre-Trip Meeting: Tuesday, September 22 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$45

Come create a memorable weekend with a women’s backpacking affinity trip!. This trip is intended to create space for individuals who identify as women to come together for a weekend of backpacking and camaraderie on the famous Appalachian Trail.

Difficulty: Beginner - Portions of this hike may include steep uphill. Also, this trip requires you to carry a heavy pack.

Amenities: Outdoor toilet (privy) available on the trail

Travel Time: Approximately 1 hour 30 minutes one-way

09/27 Stand Up Paddleboard Spa Creek

Date: Sunday, September 27

Location: Annapolis, MD

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, September 22 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$35

Join us for a relaxing day on the water and try your hand at stand-up paddleboarding (SUP). SUPs offer a full body workout and are a great way to explore the water; Spa Creek is the perfect place to enjoy some sunshine and time on the water!

Difficulty: Beginner - Newcomers to paddleboarding will start by sitting, and will progress to kneeling and standing based on comfort.

Amenities: Restroom with running water available at Truxton River Park (accessible at start and finish of trip)

Travel Time: Approximately 50 minutes one-way

10/03 Canoe the Monocacy

Date: Saturday, October 3

Location: Dickerson, MD - [See Monocacy River Water Trail Details](#)

Estimated Time: 9:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, September 29 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$35

Join the Adventure Program for a canoeing adventure on the Monocacy River, one of Maryland's Wild and Scenic Rivers. Spend a leisurely spring day trying your hand at canoeing and enjoying the beautiful scenery of Western Maryland.

Difficulty: Beginner - Most of the six to seven mile stretch of river is lazy and calm with enough flow to keep you going without paddling. The second half of the river features a Class I and a Class II rapid to end with some excitement!

Amenities: Outdoor toilet facilities (privies/portable toilets) available in parking lot

Travel Time: Approximately 1 hour, 15 minutes one-way

10/03–10/04 Backpack Shenandoah National Park

Date: Saturday, October 3 to Sunday, October 4

Location: Luray, VA - [Shenandoah National Park](#)

Estimated Time: 8:00 AM Saturday to 6:00 PM Sunday

Pre-Trip Meeting: Tuesday, September 29 from 8:00 to 9:30 PM in the Adventure Program.

Cost: \$55

Nature's calling! Leave the busy city for a weekend of peaceful backpacking in the famous, beautiful hills of Shenandoah National Park. This is a perfect time to soak-up the fall colors and enjoy the fresh mountain air.

Difficulty: Beginner - Portions of this hike may include uphill. Expect to hike 4-6 miles each day. This trip requires you to carry a heavy pack. Expect to camp in the backcountry without access to flush bathrooms, electricity, or cell phone service. This trip is a great introduction to backcountry camping and backpacking!

Amenities: Outdoor toilet facilities (privy)

Travel Time: Approximately 2 hours, 30 minutes one-way

10/04 Rock Climb Great Falls

Date: Sunday, October 4

Location: Great Falls, VA - [Great Falls Park](#)

Estimated Time: 9:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, September 29 from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$35

Join us on the Virginia side of the Potomac River as we scale the rock cliffs above the river. Adventure Program trip leaders will accommodate your skill level, whether this is your first time climbing or you are a regular at our climbing wall. Spend the day pushing your limits on the rock and be rewarded with breathtaking views of the Potomac River rushing by.

Difficulty: Beginner - This trip is great for climbers trying outdoor climbing for the first time. While there are a variety of difficulty levels, expect to start on some easier climbs and progress to harder ones throughout the day.

Amenities: Indoor restroom facilities with running water available in the parking lot

Travel Time: Approximately 45 minutes one-way

10/10–10/13 Fall Break Backpack Dolly Sods Wilderness

Date: Saturday, October 10 to Tuesday, October 13

Location: Petersburg, WV - [Dolly Sods Wilderness](#)

Estimated Time: 8:00 AM Saturday to 5:00 PM Tuesday

Pre-Trip Meeting: Tuesday, October 6 from 8:00 PM to 9:30 PM in the Adventure Program.

Cost: \$100

Join us for Fall Break with a 22 mile rugged wilderness adventure in the highlands of West Virginia's Monongahela National Forest! On this trip, you'll experience fields of windstrewn boulders, grassy meadows, squishy bogs, sub-alpine forests, sweeping panoramic vistas, waterfalls, and the famous Red

Creek. This is absolutely a contender for one of the East Coast's best places to backpack. Throughout the adventure, trained trip leaders will facilitate activities to help you meet other members of the group. The Adventure Program will provide all backpacking equipment, outdoor gear, meals, and transportation.

Difficulty: Advanced - The hike is strenuous, with mild elevation gain and challenging terrain full of rock scrambles, muddy patches, tall flowers and grasses, and sweeping thickets. Expect to carry a heavy pack with everything you need and experience minimal access to amenities.

Amenities: There are no bathroom facilities on this trip, but stops are available on the way

Travel Time: Approximately 3 hours, 30 minutes one-way

10/10–10/13 Fall Break Ohiohio & Youghiogheny River Multi-Sport Adventure

Date: Saturday, October 10 to Tuesday, October 13

Location: Ohiohio, PA - [Ohiohio State Park](#)

Estimated Time: 8:00 AM Saturday to 5:00 PM Tuesday

Pre-Trip Meeting: Tuesday, October 6 from 8:00 PM to 9:30 PM in the Adventure Program.

Cost: \$200

Join us for Fall Break on a whitewater multi-sport adventure on the Youghiogheny River! On the first day, we'll settle into our group campsite and go on a hike to visit a waterfall and experience views of the river valley. Our next day will be spent whitewater canoeing the Middle Yough through a variety of exhilarating class II rapids. After that, we'll raft the class III+ rapids of the Lower Yough, escorted by guides from a local rafting company. Finally, we'll bike a section of the Great Allegheny Passage trail before returning to campus. Throughout the adventure, trained trip leaders will facilitate different activities to help you meet other members of the group. The Adventure Program will provide all activity equipment, outdoor gear, meals, and transportation.

Difficulty: Intermediate - The whitewater class II canoeing and class III+ rafting provide plenty of excitement while minimizing real danger. Experience is not expected or required, but be prepared to get out of your comfort zone!

Amenities: Potable running water, indoor restrooms, & shower facilities available at campsite

Travel Time: Approximately 3 hours, 30 minutes one-way

10/17–10/18 Rock Climb & Camp Annapolis Rocks

Date: Saturday, October 17 to Sunday, October 18

Location: Boonsboro, MD - [See Annapolis Rocks Details](#)

Estimated Time: 9:00 AM Saturday to 5:00 PM Sunday

Pre-Trip Meeting: Thursday, October 15 from 8:00 PM to 9:30 PM in the Adventure Program

Cost: \$55

Welcome the fall weather with a weekend of adventure at Annapolis Rocks. We will backpack a short distance on the Appalachian Trail to our climbing site, set up camp for the weekend, and spend two days rock climbing and hiking. Enjoy a weekend away from the city while enjoying the spectacular fall colors and views from Annapolis Rocks!

Difficulty: Beginner - This trip requires you to hike 2 miles to the climbing and campsite while carrying a heavy pack. There are a few climbs for people of all experience levels.

Amenities: Outdoor toilet facilities (privy)

Travel Time: Approximately 1 hour, 30 minutes one-way

10/25 Hike Harpers Ferry

Date: Sunday October 25

Location: Harpers Ferry, WV - [See Maryland Heights Hike Details](#)

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, October 20, from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$25

Experience the natural beauty of historic Harpers Ferry, a town located on the convergence of the Shenandoah and Potomac rivers! Harper's Ferry is well known as the mid-way point of the Appalachian Trail and has no shortage of outdoor adventures for those looking to play outside. Hike up to the infamous Maryland Heights overlook for sweeping views of the town and its conjoining rivers.

Difficulty: Beginner - This trip includes steep uphill to a viewpoint, covering about 5 miles in total. Expect roughly 1,000 ft in elevation gain over 2.5 miles to reach the top.

Amenities: Indoor restrooms available at the parking lot and in the town

Travel Time: Approximately 1 hour, 30 minutes one-way

10/31 Halloween Kayak the Ghost Fleet of Mallows Bay

Date: Saturday, October 31

Location: Nanjemoy, MD - [See Mallows Bay Details](#)

Estimated Time: 8:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, October 27, from 8:00 PM to 9:30 PM in the Adventure Program. *A portion of the meeting will take place in the ERC pool, so you will need to bring a swimsuit.*

Cost: \$40

This Halloween spend a day exploring the Ghost Fleet of Mallows Bay! You'll paddle beneath the cliffs along the Potomac River and explore the ancient relics of the largest shipwreck fleet in the Western Hemisphere. Embrace the spooky with us!

Difficulty: Beginner - This trip will begin with instruction and practice with basic paddle strokes before completing a 2-3 hour loop around the bay.

Amenities: Portable toilets available at the boat ramp

Travel Time: Approximately 1 hr, 30 minutes one-way

11/01 Cave Wind Cave

Date: Sunday, November 1

Location: Pequea, PA

Estimated Time: 8:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, October 27, from 8:00 PM to 9:00 PM in the Adventure Program.

Cost: \$35

Unlike other caves the Adventure Program visits, Wind Cave is a tectonic cave, and as a result, has unique features. For example, the cave has temperatures similar to a refrigerator at 38 degrees, and instead of finding stalactites and stalagmites in this cave, you'll find icicles. Join us and find out what makes Wind Cave so unique! No previous caving experience is necessary, just an adventurous spirit and a willingness to get muddy!

Difficulty: Beginner - This trip requires you to fit through tight spaces and scramble over rocks. The sections we traverse in Wind Cave are the most beginner friendly cave environment out of the locations the Adventure Program visits. This is a good place for newer cavers to start.

Amenities: There are no restroom facilities or running water on this trip, apart from stops made to and from the cave.

Travel Time: Approximately 2 hours, 15 minutes one-way

11/07 Hike Catoctin Mountain

Date: Saturday, November 7

Location: Thurmont, MD - [See Catoctin Mountain Details](#)

Estimated Time: 9:00 AM to 5:00 PM

Pre-Trip Meeting: Tuesday, November 3, from 8:00 PM to 9:00 PM virtually via Zoom.

Cost: \$25

Join us for a day of hiking in Catoctin Mountain Park, famous for its beautiful vistas and cascading waterfalls. This is an excellent opportunity to escape campus and experience one of Maryland's most beautiful parks.

Difficulty: Beginner - portions of this hike may include steep uphill and rocky terrain. Expect to hike 6-7 miles.

Amenities: Indoor restroom facilities with running water available at the Visitor Center

Travel Time: Approximately 1 hour, 15 minutes one-way

11/14 Cave Whitings Neck

Date: Saturday, November 14

Location: Shepherdstown, WV

Estimated Time: 8:00 AM to 6:00 PM

Pre-Trip Meeting: Tuesday, November 10, from 8:00 PM to 9:00 PM at the Adventure Program.

Cost: \$40

We're exploring underground! Solutional caves like Whitings Neck offer year-round temperatures in the 50s. Come explore the features and formations that Whitings Neck Cave has to offer. Crawl into the "Pancake Room" and get turned around in the "Milkshake Room." No previous caving experience is necessary, just an adventurous spirit and a willingness to get muddy!

Difficulty: Intermediate - This trip requires you to scramble over rocks and down narrow corridors. It has several drops and tight spaces that can be challenging to navigate. This trip is not recommended for those with a strong aversion to tight spaces, unless you are excited to challenge yourself.

Amenities: Portable toilets are available at the parking lot. No restrooms are available at the cave.

Travel Time: Approximately 2 hours one-way

11/25–11/29 Thanksgiving Backpack Grayson Highlands State Park

Date: Wednesday, November 25 to Sunday, November 29

Location: Mouth of Wilson, VA - [See Grayson Highlands Details](#)

Estimated Time: 7:30 AM on Wednesday to 6:00 PM on Sunday

Pre-Trip Meeting: Tuesday, November 10 and Tuesday, November 17. Both are in-person at the Adventure Program from 8:00 PM to 9:30 PM.

Cost: \$140

Spend your Thanksgiving on the trail! You'll spend five days and four nights backpacking on the trail while enjoying beautiful scenery, trying your hand at backcountry cooking, and making new friends. You'll backpack through the pristine highlands of southern Virginia, in the shadows of Virginia's two tallest peaks while giving the opportunity to summit Mount Rogers. This trail offers frequent ridgelines and 360° panoramic views over 5,000 ft mountain peaks and lush valleys. While the hike is largely exposed to the elements along wooded ridges, it also provides stunning scenery, magical sunsets, and unbelievable starscapes. Throughout the adventure, trained trip leaders will facilitate activities to help you meet other members of the group. The Adventure Program will provide all backpacking equipment, outdoor gear, meals, and transportation.

Difficulty: **Advanced** - This hike covers a 28 mile loop over rugged terrain. You will be required to carry a heavy pack for the duration and there is over 5,000 ft of elevation change. Be prepared for the cold!

Amenities: Outdoor toilet facilities (privies) are available occasionally.

Travel Time: 6 hours from campus, each way.

University of Maryland, University Recreation & Wellness

Active Terps Live Well | Division of Student Affairs

1115 Eppley Recreation Center, College Park, MD 20742

(301) 226-4400 | recwell.umd.edu | @umdrecwell